



**A-GAME POKER
MASTERCLASS**

- MODULE 1-

ADDRESSING DETRIMENTAL MENTAL PROGRAMS

WELCOME



Welcome to the A-Game Poker Masterclass!

The principles, strategies, and tactics you'll learn in this training are the culmination of my work as the top Mindset & Performance Coach for poker players.

The material in this course is pulled directly from the playbook I've used to help my private clients get to the top of the poker world and is battle tested daily by players of all types; from low, mid, and high-stakes professionals, part-time grinders, and enthusiastic amateurs.

I'm excited to share this playbook with you now.

As a student of this course, you're in elite company and will discover edges that the best players in the world use to separate themselves from the crowd.

Elliot Roe

COURSE INTRODUCTION

Here's What We're Going To Cover:

1. Our main purpose and objective of the training.
2. Advice for getting the most out of the A-Game Poker Masterclass.
3. Mindsets for success in the training.
4. Key concepts for how the system works

What Is A-Game Poker?:

A-Game Poker Definition:

"A System For Maximizing [REDACTED] In A Way That Achieves Your [REDACTED]
[REDACTED]."

A-Game Poker is not just about improving profits, it's about: [REDACTED]

Key Concept: Getting To A-Game:

*If you are taking this course it's because there is a gap in your current performance at the tables and what you are capable of. The reason you are here is to **remove that gap**.*

Getting The Most Out Of The A-Game Poker Masterclass:

1. To get the full benefit go step-by-step rather than jump around haphazardly.
2. Bring questions to the monthly Q&A calls.
3. Remember, this course is NOT a [REDACTED] or a [REDACTED]
4. The information alone in the course will not make the transformation happen. To succeed you must [REDACTED].

MODULE 1 VIDEO 1

5. If you do what you've always done, you'll get .

6. Are you committed to taking action: YES ☐ NO ☐

7. If Yes, Why?

(Take a few moments to list all the reasons that you are committed to take action now)

8. Who controls whether you succeed or not?

9. Be aware and expect that you will feel resistance. It's just part of the process.

Getting The Most Out Of The A-Game Poker Masterclass:

Success Mindset #1: Approach This Training With A .

Success Mindset #2: Implement Before .

Success Mindset #3: Change Takes .

Success Mindset #4: Take For Your Success.

Success Mindset #5: Embrace The .

Key Concept: Celebrate Your Wins:

Along the way it's important to celebrate your wins, no matter how big or small they are. See that you are making progress and improving, and then get back to it and continue down the path. Also, we encourage you share your wins with the community in the private forums, and join in on celebrating the wins of others.

MODULE 1 VIDEO 1 - NOTES

NOTES

KEY TAKE-AWAYS

IMMEDIATE ACTIONS



WHAT'S HOLDING YOU BACK?

Three Acknowledgments:

1. I want _____
2. There are _____ holding me back from getting there.
3. I embrace these truths and see those _____
as opportunities to _____

The Three Reasons For Not Achieving Success:

1. You Don't know _____ to get there.
2. You know _____ but _____
3. You know _____ but _____

The Four Performance Roadblocks



LACK OF VISION



LACK OF SKILL



LACK OF ENERGY



DETRIMENTAL MENTAL
PROGRAMS



MODULE 1 VIDEO 2

Key Concept: Where Do We Start?:

We start start with addressing Detrimental Mental Programs, because they hinder our success in the other areas. When we have these Detrimental Mental Programs running in the background, the might actually be actively fighting against the changes that we are trying to make. Address them first, then we can work on building a strong foundation.

Where Do Our Programs Come From?

The Conscious Mind is the part of our mind we are [REDACTED].

The Subconscious mind is the operating system that [REDACTED].

Our Subconscious "Mental Programs" are designed to [REDACTED] you.

A Mental Program becomes detrimental when:

[REDACTED]

The Three Ways To Address Detrimental Mental Programs

1. Mechanically
2. Logically
3. Subconsciously

List Examples of Mechanical Strategies:

[REDACTED]

List Examples Of Logical Strategies:

[REDACTED]

List Examples Of Subconscious Strategies:

[REDACTED]



MODULE 1 VIDEO 2

What's Holding You Back?:

List 3 Resistances, things you KNOW you should be doing but aren't, that are holding you back. Think about actions that the best in the world are consistently taking, that you are not. List them below:

1

2

3



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MODULE 1 VIDEO 2 - NOTES

NOTES

KEY TAKE-AWAYS

IMMEDIATE ACTIONS



MODULE 1 VIDEO 3

B.R.A.V.E.

What Is Your Resistance?



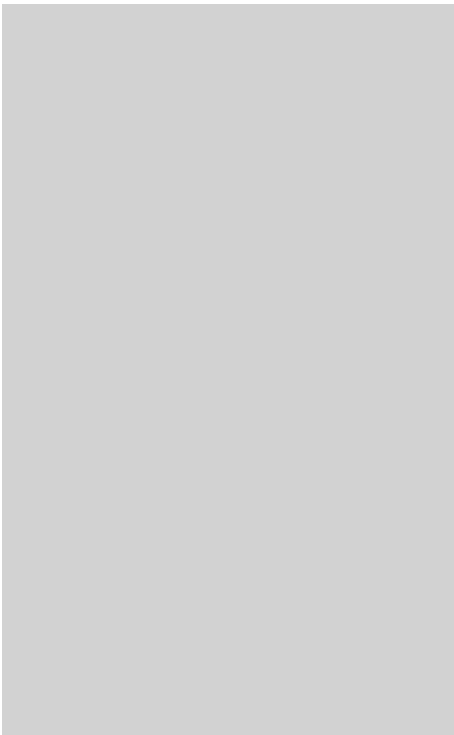
How Is It Protecting You?



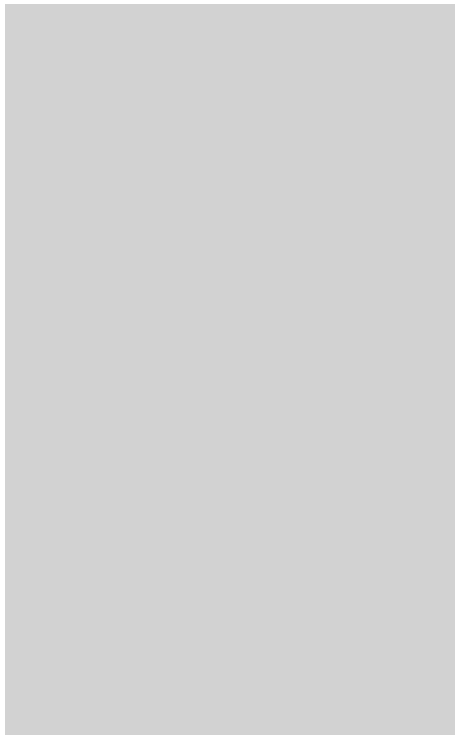
Name The Mental Program



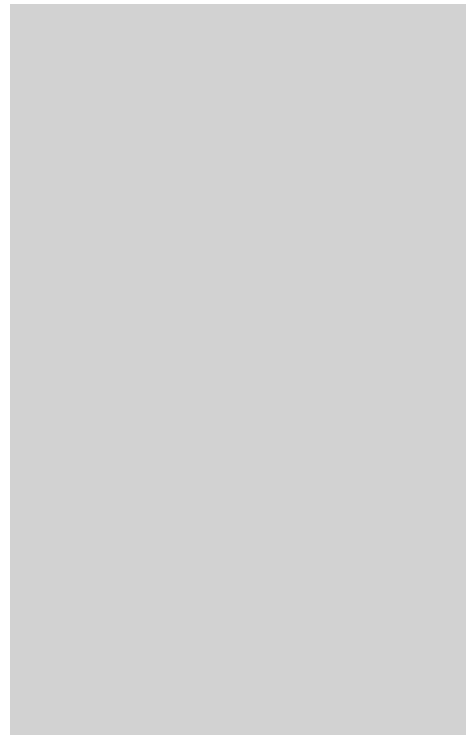
The Nightmare Scenario



The Optimal Response



The Upside



IS IT WORTH IT?

YES

☐

NO

☐

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MASTERCLASS**

MODULE 1 VIDEO 3

What Is Your Resistance?

How Is It Protecting You?

Name The Mental Program

The Nightmare Scenario

The Optimal Response

The Upside

IS IT WORTH IT?

YES

☐

NO

☐

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MASTERCLASS**

MODULE 1 VIDEO 3

What Is Your Resistance?

How Is It Protecting You?

Name The Mental Program

The Nightmare Scenario

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IS IT WORTH IT?

YES

☐

NO

☐

**A-GAME POKER
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MODULE 1 VIDEO 3 - NOTES

NOTES

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THE INVISIBLE MINDSET COACH

Fill these out throughout your day:

1. What Was The Situation Where You Used Negative Self-Talk?
2. What Did You Say To Yourself?
3. What Would A Mindset Coach Say Instead?

1

2

3

1

2

3

1

2

3

1

2

3



MODULE 1 VIDEO 4

1

2

3

1

2

3

1

2

3

1

2

3

1

2

3



MODULE 1 VIDEO 4 - NOTES

NOTES

KEY TAKE-AWAYS

IMMEDIATE ACTIONS

